

December 3, 2018

BE SMOKE-FREE THIS HOLIDAY SEASON: GET FACE-TO-FACE HELP AT NO COST IN DECEMBER



CONTACT:

Audrey Stasko, Public Information Specialist
Florida Department of Health in Pinellas County
Audrey.Stasko@FLHealth.gov
(727) 824-6900 ext.4575 (media only)



Give yourself the gift of health this holiday season and quit tobacco for good with face-to-face help from Tobacco Free Florida.

The Florida Department of Health in Pinellas County (DOH-Pinellas) is hosting a no-cost Group Quit session from 10 AM to noon, Wednesday, Dec. 5, at DOH-Pinellas in St. Petersburg, 205 Dr. Martin Luther King Jr. St., N. The in-person session is open to the public and presented by the Gulfcoast North Area Health Education Center (GNAHEC) at no cost.

In addition to the group sessions, tobacco users who want to quit can also receive nicotine replacement patches, gum and lozenges at no cost (while supplies last and if medically appropriate). The single-session provides information on how to prepare a plan to quit, how to deal with cravings and what to expect during the process. The program covers all forms of tobacco.

During December, numerous classes are held at other locations in Pinellas County, too. To register, call (813) 929-1000 or email info@gnahec.org. Find more tools and resources at www.tobaccofreeflorida.com/quityourway.

For more information about GNAHEC, go to www.ahectobacco.com.

For more information about DOH-Pinellas, go to www.PinellasHealth.com or follow us on Twitter at [@HealthyPinellas](https://twitter.com/HealthyPinellas).

-end-

About the Florida Department of Health

The department, nationally accredited by the [Public Health Accreditation Board](http://www.nabph.org), works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

Follow us on Twitter at [@HealthyFla](https://twitter.com/HealthyFla) and on [Facebook](https://www.facebook.com/FloridaHealth). For more information about the Florida Department of Health please visit www.FloridaHealth.gov.